

# LIFESTYLES

Hawaii Marine B Section

March 12, 2004



Steve Bonstedt

## Dedicated To The Women Who Have Earned The Title, Marine 2 September 2000

*Plaque inscription on Molly Marine statue  
aboard MCB Quantico, Va.*

The statue of Molly Marine was modeled after Michigan's Neal Chapline, a well-known radio personality who was sworn into the Marine Corps shortly after the bombing of Pearl Harbor. As a Marine, she served as a recruiter and soon became known as "Molly of the Marines." She also broadcasted bi-weekly programs in which she read letters written to her from Marines across the country and the Pacific. In the December 1942 issue of "The Marine Recruiter," the mother of a Marine describes her as "A half-pint dynamo of loveliness and sincerity, pounding out letters to our Marines, cheering them with neighborhood news, comforting their loved ones."

## 'You've come a long way, baby'

Women's History Month celebrates those who have gone before, and those among us who inspire hope and possibility

**Lance Cpl. Megan L. Stiner**  
Combat Correspondent

A World War II Marine Corps poster called women out to join America's workforce to boldly "Free A Marine to Fight!" Today, women are fully integrated into the workforce and this year's theme of National Women's History Month, "Women Inspiring Hope and Possibility," underscores the impact of women in modern day society.

Looking back on the history of women in the Corps quickly brings one to Opha Mae Johnson, the first woman to enlist into the Marine Corps Reserves on Aug. 13, 1918. Along with her, 304 other females served in the Reserves during World War I. After the war ended, all 305 females were separated from the Corps.

Women didn't serve in the Corps again — for nearly 25 years — until General Thomas Holcomb, the 17th Commandant of the Marine Corps, announced the formation of the Marine Corps Women's Reserve on Feb. 13, 1943.

Over the years, the roles that women have fulfilled in the Corps have also increased. By the 1970s, women began to be assigned to Fleet Marine Force units, and by 1975, they could be assigned to all occupational fields except combat arms, air defense and antiterrorism units.

In civilian society, women have also made great strides towards equality in the job market. In 1989, women made up about 45 percent of the employed persons in the United States. Their positions in the work force, however, were still unequal in importance compared to their male counterparts.

Between 1950 and 1990, the number of working women nearly doubled from 30 to 57 percent. By 2000, nearly 75 percent of 25- to 35-year-old women participated in the work force. In 2004, although the numbers are still increasing and women are holding higher authority positions

See *HISTORY*, B-7



Above and Below — These war posters, two among a series, were used during the two world wars to promote patriotism, ask citizens to make personal sacrifices and generally rally every citizen behind the war effort.



## Prominent Women in U.S. History

1882 — **Clara Burton** — Nurse and founder of the American Red Cross.

1917 — **Jeanette Rankin** — First woman member of the House of Representatives.

1933 — **Hattie Caraway** — First woman elected to the Senate.

1942 — **Mildred McAfee** — First director of Navy women and first female officer sworn into the Naval Reserve.

1943 — **Capt. Anne Lentz** — First female Marine Corps commissioned officer.

1943 — **Pvt. Lucille McClarren** — First enlisted woman Marine.

1943 — **Retired Col. Ruth Cheney Streeter** — First director of women Marine reservists.

1948 — **Col. Katherine A. Towle** — First director of women Marines.

1965 — **Retired Col. Julia E. Hamblet** — Served two separate tours of duty as director of Women Marines. Awarded the Legion of Merit.

See *PROMINENT*, B-7

Women's History Month contest winner

## Major Karen Morrisroe

(Editor's Note: In recognition of Women's History Month aboard MCB Hawaii, the Hawaii Marine called for entries from its readers, to recognize women, living or working on MCB Hawaii, who have made positive contributions to others. Here is our winning submission.)

**Submitted by Julie Soares**

Sometimes our daily life doesn't seem to be much of a contribution to others, but in reality it is more meaningful than any one eventful occasion. The extra effort a person takes to go out of their way to be supportive to their friends and family usually goes unnoticed.

Women today can juggle careers, families, friendships and a number of other responsibilities. We do not have a day set aside to acknowledge these everyday achievements, but we should.

This is my opportunity to acknowledge one such individual, Major Karen Morrisroe, who handles her daily responsibilities without complaint.

Unlike other careers, military moms can-

"It's important that no matter where you go in your career, you always take time to remember who your friends are."

— Major Karen Morrisroe



MORRISROE

not take a vacation day if their child is sick, or call grandma if they have overnight duty. They have additional stressors in their lives, especially when their spouses are deployed.

Many women struggle to maintain a healthy household environment for their families. Her two happy daughters are proof of her success.

Not only is she one of my good friends, she is a phenomenal mother and lawyer.

See *WINNER*, B-7



MCCS

MARINE CORPS COMMUNITY SERVICES

www.mccshawaii.com

POSSIBILITIES IN PARADISE

By Bobbie Brock, MCCS Public Relations

March

12 / Today

**Ladies’ Night** — All ladies are welcome to the Staff NCO Club for Pau Hana Friday. Enjoy thirst-quenching beverages and free pupus. Admission is free and so is the fun! For more info, call 254-5481.

**Auto Auction** — The Auto Skills Center holds an auto auction on cars that it acquires and fixes up to working condition. Interested parties can inspect the vehicles and place their bids in the ballot box inside the Auto Skills Center. So, the next time you are in the market for a new vehicle, don’t pay those high prices until you’ve visited the Auto Skills Center. The shop may have just what you are looking for. To find out when the next bidding session will be (currently, there are no vehicles for auction), call the center at 254-7675.

13 / Saturday

**Father-Daughter Dance** — All fathers, there’s still time to get last-minute tickets to the Armed Services YMCA Father-

Daughter Dance, which will be held in the Lanai Ballroom of the Officers’ Club from 5 to 8 p.m. tomorrow. Ticket cost for dads is \$16. Tickets for daughters 4 and under is \$7; daughters 5 – 11, \$14; and daughters 12 and older, \$16. Dads or accompanying adults must wear military dress or black tie. Girls or daughters should wear formal or party dress. For more information or to purchase tickets, call 254-4719.

**MCCS One Source** — The MCCS One Source Web site provides active duty and their families, reservists, sister services and service delivery staff one stop for information and resources that can help improve many areas of life. From relocation to education needs, family support to health and wellness, financial matters to everyday issues, MCCS One Source is your one-stop resource to finding information, guidance and answers.

By using credentialed consultants, patrons have confidential access to prepaid, educational materials and other reference resources 24 hours a day, seven days a week. Registration is easy for MCCS One Source. To create your own personal profile, log onto the MCCSOneSource.com Web site, and enter “Marines” as your user name, then enter “Semper Fi” as your password. If you want more interactive assistance, call a One Source consultant at 800-433-6868 (for continental United States), 800-237-42374 (for overseas Universal Free Phone) or 484-530-5908 (for overseas collect). Also,

TTY/TDD access is available through 800-346-9188. **Staff NCO Saturdays** — Every Saturday night in the Staff NCO Rocker Room, join your buddies for karaoke and pool tournaments. The club opens at 6 p.m.

**Family Child Care** — Family Child Care is a home setting child care service provider operated by Personal Services with certified providers trained in child development, nutrition, guidance and more. Family Child Care provides a flexible schedule including evenings, weekends and overnight care. To find a Family Child Care provider, call the Children, Youth and Teen programs officer at 257-7430. To become a Family Child Care provider at MCB Hawaii, call the FCC Office at 257-7030.

15 / Monday

**Right Hand Man Night** — Calling all officers, Monday through Friday invite up to three of your staff noncommissioned officers to the club and show them your appreciation. Corps, camaraderie and chow are all at the Officers’ Club from 4:30 to 6:30 p.m.

17 / Wednesday

**Marriage Skills Workshop** — Thinking about marriage? Get in the know and attend the next Marriage Skills Workshop on Wednesday through Thursday. You’ll learn more about becoming a successful military family, couples’ communication, budgeting and finances, and other resources

available to make your relationship a success. Call 257-7780 or 257-7781 to register.

**St. Patrick’s Day** — All three clubs (Kahuna’s Sports Bar & Grill, the Rocker Room and the Officers’ Club) are hosting St. Patrick’s Day celebrations. Show your spirit, put on your green and head to your favorite watering hole for food and beverage specials.

**Mongolian Barbecue** — Don’t feel like cooking dinner? Head out to the Officers’ Club for Mongolian barbecue and leave the work to the professionals. Buffet style, select your favorite veggies and meat including chicken, shrimp, pork and beef. Pile your bowl high and “kick it up a notch” with a sauce of your choice; then watch the grill masters flip, sauté and grill your dinner to perfection. Mongolian barbecue is served every Wednesday and Friday. Call 254-7649 for more details.

18 / Thursday

**Kahuna’s Karaoke** — Enjoy singing that’s matured from the shower to the club. Kahuna’s Karaoke Contest finalists from each preliminary (held yesterday) will compete in the final contest Thursday. The cost is \$5 to enter, and Dream Cruises Hawaii, Walter’s Karaoke Shop, Subway at MCB Hawaii and the Hale Koa Hotel will provide great prize giveaways. For more info, call 254-7660. **Story Time** — Children and

parents are invited to a fun-filled hour of stories, activities and special events in Bldg. 219, the base library, every Thursday at 10 a.m. Come down and spend some quality educational time with your children. For more information, call 254-7624.

25 / Thursday

**NCO Appreciation** — Don’t forget your young devil dogs. Expose them to the Staff NCO Club, and give them something to strive for! Plenty of food and entertainment await. Call the club at 254-5481 for more information.

27 / Saturday

**Texas Hold ‘em Poker Tournament** — Head on over to the Staff NCO Club for a shufflin’ showdown. Texas Hold ‘em rules apply during this poker tourney, and the top three players will win prizes and go on to play the best of the rest from the other clubs in the finals. Dealers and a pit boss are also needed. Call the club today and sign up at 254-5481.

29 / Monday

**ETAP Seminar** — Senior active duty who are within 24 months of their retirement date, should see their unit transition counselor to schedule a mandatory Executive Transition Assistance Program seminar, which is designed to assist them in making the transition to civilian life. The class will be held in Bldg. 279. Call the transition program at 257-7790 for more information.

SM&SP



SINGLE MARINE & SAILOR PROGRAM

All events are open to single, active duty military, E-5 and below. The SM&SP Office is located in Bldg. 1629. Call 254-7593 for more info.

**SM&SP Online**  
Get more on SM&SP at [www.MCCSHawaii.com](http://www.MCCSHawaii.com) under the “Semper Fitness” icon.

**Upcoming Events**  
Your SM&SP continues to deliver quality activities such as the below:

- March 16 & 23:* Save these dates for the Golf Clinic, which is every Tuesday in March. The SM&SP is hosting the clinics for \$40 per person. Come learn everything from swing fundamentals to etiquette, and practice up for the Shank & Slice Tournament, which will be held March 24.
- March 24:* Join SM&SP on March 24 for the Shank & Slice Golf Tournament. Best-ball action will begin at 12:30 p.m., and costs only \$25 for E-5 and below, and \$33 for E-6 and above. Players can bring their boss (one boss per player, and sponsor must play with guest).

Register by Wednesday at the Semper Fit Center or at SM&SP, Bldg. 1629. Mega mahalo is extended to the Windward Community Federal Credit Union for helping to sponsor this tourney.

Holiday offers glimpse of Irish culture

Lance Cpl. Jared Plotts  
U.S. Marine Corps Forces Pacific

The once-crowded streets that hummed the sound of traffic are now overflowing with the hum of bagpipes, cheers and rivers of green beer. It’s March 17, St. Patrick’s Day. For some it’s just another holiday, but for most it’s the best day of the year — a time to join with friends and loved ones to celebrate. But what is it that we are truly celebrating, and who was St. Patrick? Details of the life of the man who came to be known as St. Patrick are uncertain. He was probably born in Britain around 389 A.D. His birth name was Maewyn Succat, but he adopted the name Patrick after becoming a devout Christian. When he was 16, a group of Irish marauders took Patrick prisoner. He was forced into slavery and soon found religion after years as a lonely shepherd. According to his writings, Patrick said he heard a voice he believed to be God’s, telling him to escape. He walked nearly 200 miles to the coast of Ireland and made it back to Britain. There, he may have studied under Saint Germain, the Bishop of Auxerre, before



being ordained into the priesthood and sent to Ireland. Patrick converted Irish pagans into Christians — which he perfected for over 30 years, converting thousands of Irish men and women, and building many churches throughout Ireland. By the time of St. Patrick’s death some years later, the Irish population was almost entirely Christian.



Ever wonder about the association between the shamrock and St. Patrick? They’re closely tied together, because reportedly he used the shamrock to teach the doctrine of the Holy Trinity. The shamrock is also symbolic for other reasons. It was a sacred plant to the Druids because of its three leaves (three was a sacred number to the Druids), and in the 19th century, it represented rebellion. So, how did this Saint’s holiday evolve into the secular, celebration it is today? The first St. Patrick’s Day parade took place in New York City. Irish soldiers serving in the English military marched through the streets of New York, playing music and rekindling their Irish heritage. Since then, the popularity of the holiday has spread throughout the United States. Thousands of spectators fill city streets dressed all in green, drinking green beer and donning green shamrocks painted on various parts of their body. The holiday has ventured all the way across the Pacific to the tiny island of Oahu, where civilians and service members alike can enjoy corned beef and cabbage at the beach. Saint Patrick’s Day provides an interesting look at the distinct Irish culture amid Hawaii’s diversity.

MOVIE TIME

*Prices: Adults (12 and older) \$3; children 6 to 11, \$1.50; and children, 5 and younger, free. Matinee prices are \$2 for adults, \$1 for children. Parents must purchase tickets for “R”-rated movies in person at the box office for children 16 years old and younger. For E-5 and below, admission is free to the second show on Friday and Saturday evenings only. Sunday evenings, the price is \$1 for all patrons. Show your ID at the box office. Call 254-7642 for recorded information.*  
*\* “Advanced Screening” Policy: Call 254-7642 for the movie title. One hour and 45 minutes prior to the movie, tickets will be issued to first priority patrons waiting in line, then second and third priority patrons.*

House of Sand and Fog (R)	Today at 7:15 p.m.
Chasing Liberty (PG-13)	Today at 9:45 p.m.
The Butterfly Effect (R)	Saturday at 7:15 p.m.
Cheaper By the Dozen (PG-13)	Saturday at 9:45 p.m.
Teacher’s Pet (PG)	Sunday at 3:30 p.m.
Torque (PG-13)	Sunday at 7:15 p.m.
House of Sand and Fog (R)	Wednesday at 7:15 p.m.
Torque (PG-13)	Thursday at 7:15 p.m.
Along Came Polly (PG-13)	March 12 at 7:15 p.m.
House of Sand and Fog (R)	March 12 at 9:45 p.m.



# Power sports program to add dirt biking

**Susana Choy**  
*Lifestyles Editor*

So you’ve got a big screen television, an off-the-hook surround sound stereo system, three video gaming systems, a phat set of wheels and a hot new dirt bike. What more could you want? Someplace to learn how to ride your dirt bike better, you say? Base Safety is working on just that.

As part of an effort to expand MCB Hawaii’s power sports program, Base Safety hopes to offer all DoD personnel aboard MCB Hawaii, a chance to enroll in the Motorcycle Safety Foundation (MSF) DirtBike School to be held tentatively next spring at Bellows Air Force Station.

Deputy Safety Director Danilo Tolentino said the Headquarters Marine Corps Safety Division sees MCB Hawaii’s power sports program as a model program and would like to use it as a standard for the rest of the Marine Corps.

“[They’re] looking to expand our power sports program to include not only motorcycling, but ATVs ... and water Jet Skis,” he said.

The expansion process will take some time to implement but the wheels are in motion.

Safety specialist and MSF motorcycle instructor Mario Diprete said Base Safety is taking a “preventative attitude” toward dirt biking. Base Safety wants to provide riders with a firm foundation to help them stay upright by teaching them the right skills for situations they will likely face while on a dirt bike.

“There are some folks ... that just go, and they buy a dirt bike, and they ride it, and they learn through the school of hard knocks and literally fall off — like me, many years ago. There [are] a lot of do’s and don’ts,” he said.

“It’s not to say that it’s a guarantee that they won’t get hurt, but at least they have a little bit more knowledge [than] just going cold turkey. And also, just like with the Basic Rider Course and the Experienced Rider Course, they try to make the right decision with the right choice and go out there with the right attitude,” Diprete added.

The one-day dirt bike course will be geared toward those who already own a dirt bike or an enduro, and those who have little or limited skills on off-highway motorcycles.

Classes will be held at Bellows Air Force Station, where students will be taught real-world riding situations. They will start by learning basics skills, from the proper sitting position to straight-line



Photo Courtesy of Mario Diprete

**Safety specialist Mario Diprete catches air during a routine ride. Diprete is scheduled to teach the anticipated Motorcycle Safety Foundation DirtBike School and instruct students on how to ride without destroying themselves or their bikes.**

riding, before advancing to make sharp turns, riding on hills, and more. More experienced riders will have the opportunity to participate in other exercises.

In addition to riding skills, students will learn and discuss responsible risk management and environmental awareness. At the end of the course, riders should have a solid foundation of dirt bike riding skills and understand what it takes to stay safe and act responsibly.

There are a number of things that need

to fall into place before the DirtBike School can come to fruition.

“I, myself, have to become certified. We’re working on that right now,” said Diprete. “I was hoping by this summer that I’d be able to get into an MSF dirt bike instructor’s course to get my certification.”

In addition, Base Safety needs to secure a dirt bike for Diprete to teach with.

Also, as part of the expansion, Base

Safety is looking to expand its current motorcycling rider’s course by adding a second riding range at the parking lot of the old post office location.

“I think it would be a great asset for us here because we have two ranges. And if I have more than one rider coach or coaches, I can run a huge class depending on the needs,” explained Diprete. “If I have more than a couple of rider coaches, we can have one big class here, facilitated here in our classroom, and we could divide the range up.”

In the meantime, Diprete urges all riders, “not to ride over your limit. That’s where a lot of folks get into problems. They ride above ... what they actually can ride.”



Cpl. Jason E. Miller

**Learning the proper riding techniques and knowing where and when to use them can help boost your joy of riding.**

## Did You Know?

**NAPS**  
*Featurettes*

One of the pioneers of electronic gaming was SIMON, introduced in 1978. This game was one of the first to go “beyond the board” by pitting player against machine.

In 2001, SIMON2 was born providing multiple game play options, and for the first time, the ability for two players to go head-to-head against the machine.



# Deny thyself, bear a cross



Photos by Lance Cpl. Michelle M. Dickson

Above — Sergeant Benjamin M. Spahr, water survival instructor aboard MCB Hawaii, received the 2003 Volunteer of the Year Award from the American Red Cross for exceptional time, dedication, and devotion as a volunteer. Standing to his left are ARC’s Chairman of Volunteers Christine E. Maly (left), and Honorary Chairman Margaret McAbee. Among other awardees, Ashley Awana, 15, and Lisa Bachmann, 14, received the Youth Volunteer of the Year Award for 2002 and 2003, respectively.



Left — Halau Hula ‘O Napunahaeleonapua was invited to perform the hula, a native Hawaiian dance, during the event.

# Waffles make a great dessert



NAPS

## NAPS

### Feaurettees

Waffles for dessert? When they’re topped with ice cream and blueberries, the answer is yes! In each mouthful of this luscious creation, you’ll taste crisp, toasted waffle, creamy vanilla ice cream and cinnamon-spiced blueberries. Blueberries are not only delicious, but loaded with disease-fighting antioxidants.

### Dessert Waffles with Spiced Blueberry Sauce

- 1 ½ teaspoons cornstarch
- 2 cups fresh or frozen (unthawed) blueberries, divided
- 3 tablespoons sugar
- 1 teaspoon ground cinnamon
- ¼ to ½ teaspoon ground black pepper
- 4 waffles, toasted
- 4 scoops vanilla ice cream or frozen yogurt

In a small saucepan, combine cornstarch with ⅓ cup cold water; stir in half of the blueberries, the sugar, cinnamon and black pepper. Over medium heat, bring to a boil; boil until sauce is clear, about one minute; remove from heat, then stir in remaining blueberries; cool. Place warm waffles on dessert plates. Scoop ice cream onto waffles; top with sauce. Serve.

# ON THE MENU AT ANDERSON HALL

- Today**  
Lunch  
Beef Balls Stroganoff  
Baked Fish Fillet  
Macaroni & Cheese  
Steamed Rice  
Raisin Drop Cookies  
Asst. Fruit Pies

**Dinner**  
Ground Beef Tacos  
Chicken Enchiladas  
Chili Conquistador  
Burritos  
Refried Beans  
Mexican Rice  
Raisin Drop Cookies  
Asst. Fruit Pies

Specialty Bar  
(Lunch & Dinner)  
Pasta Bar
- Butter Cream Frosting  
Asst. Fruit Pies

**Monday**  
Brunch/Dinner  
Beef Stew  
Baked Fish Fillets  
Baked Macaroni & Cheese  
Steamed Rice  
Oatmeal Cookies  
Asst. Fruit Pies

**Tuesday**  
Lunch  
Southern Fried Chicken  
Beef Ball Stroganoff  
Parsley Buttered Potatoes  
Boiled Egg Noodles  
Oatmeal Raisin Cookies  
Asst. Fruit Pies

Dinner  
Braised Beef Cubes  
Cajun Fish Fillet  
Boiled Egg Noodles  
Steamed Rice  
Oatmeal Raisin Cookies  
Asst. Fruit Pies

Specialty Bar  
(Lunch & Dinner)  
Taco Bar
- Dinner**  
Meatloaf  
Pork Ham Roast  
Mashed Potatoes  
Tossed Green Rice  
Brownies  
Asst. Fruit Pies

Specialty Bar  
(Lunch & Dinner)  
Country Bar

**Thursday**  
Lunch  
Salisbury Steak  
Barbecued Chicken  
Rice Pilaf  
Oven Browned Potatoes  
Corn on the Cob  
White Cake w/  
Lemon Cream Frosting  
Asst. Fruit Pies

**Dinner**  
Beef Yakisoba  
Pork Adobo  
Pork Fried Rice  
Steamed Rice  
Brown Gravy  
White Cake w/  
Lemon Cream Frosting  
Asst. Fruit Pies

Specialty Bar  
(Lunch & Dinner)  
Taco Bar





NAPS  
This meal of roasted chicken and super sweet corn is a quick, delicious and nutritious meal.

# Fresh sweet corn complements roasted chicken

**NAPS**  
*Featurettes*

Roasting caramelizes the natural sugars in super sweet corn and is a no-fuss way to prepare an all-in-one meal. Simply toss chicken and chopped vegetables with oil and herbs, and roast. The corn cooks so quickly it only goes in the oven for 10 minutes.

Fresh, super sweet corn from Florida is in season from October until June. Each medium ear has only 80 calories and is a good source of vitamin C, thiamin, fiber and folate. Refrigerated with husks removed and loosely wrapped in plastic, it will keep for about a week.

## Roast Chicken & Super Sweet Corn

- 2 tablespoons olive oil
- 1 teaspoon dried thyme
- 1 ½ teaspoons salt, divided
- ½ teaspoon ground black pepper, divided
- 4 large zucchini, quartered
- 2 large sweet onions, quartered
- 4 large ears fresh super sweet corn, husked and quartered
- 8 green onions (scallions)
- 4 chicken legs and/or thighs

Preheat oven to 425 degrees. In a cup, combine oil, thyme, ¾ teaspoon of the salt and ¼ teaspoon of the pepper.

In a large shallow pan, toss squash and onions with half of the seasoned oil. In a bowl, coat corn and green onions with remaining seasoned oil; set aside.

On a rack in a broiler pan, place chicken; sprinkle with remaining ¾ teaspoon salt and ¼ teaspoon pepper.

Place pan with squash and onion on lower rack and chicken on upper rack. Roast for 25 minutes, turning vegetables and chicken occasionally.

Add corn and green onions to pan with veg-

etables. Roast until chicken is cooked through and vegetables are tender, about 10 minutes, turning occasionally.

Recipe yields four portions. For more recipes, visit [www.freshsuper-sweetcorn.com](http://www.freshsuper-sweetcorn.com) or send a self-addressed stamped envelope to America’s Cookin’, Fresh Super Sweet Corn Council, 35 E. 21 Street, Box N, New York, NY 10010.

Did You Know?

All the swans in England are the property of the Queen.



Personality Profile

# Sampsel stresses communication

**Lance Cpl. Michelle M. Dickson**  
*Combat Correspondent*

Growing up, her father always told her that she needed to give something back to her country. At that time, the Army brat from St. Louis, Miss., never imagined that what she would give would be a lifetime career in the Marine Corps.

Lieutenant Col. Laura J. Sampsel, commanding officer of Marine Aviation Logistics Squadron 24, has served in the Corps for 21 years and plans on continuing this road until she can't anymore, she said.

Sampsel's father, a 30-year army veteran completed three tours in Vietnam. He wanted his daughters to make good lives for themselves, but never pressured them to join the military in any way.

"My sister joined the army, but I still wasn't sure what I wanted to do," said Sampsel. "I eventually enrolled into Vanderbilt University in Tennessee, under the Marine Reserve Officer Training Corps scholarship program."

Sampsel attended school and studied political science. Between her junior and senior year, she attended Officer Candidate School in Quantico, Va., for 10 weeks.

"I can remember driving in a Volkswagen over train tracks on my way to OCS, and thinking, 'What am I doing?'"

At that time, OCS was comprised of two platoons for females. The platoons were all females but were integrated with the males for training.

"Out of the two platoons of females, less than 50 percent graduated," said Sampsel. "We weren't even allowed to graduate with our weapons until one of the women in the other platoon stepped up and refused to graduate without it."

That was one of many defining moments for Sampsel.

"The fact that being a woman might get me treated differently never even crossed my mind," she said. "Maybe it was after maturity and receiving a few knocks that I realized that there were really people out there who felt I couldn't do the job as a female. But that's okay, because they really stick out as the shallow, insecure people they are in any sector of society."

Sampsel said she feels it's extremely important for female Marines to talk to each other. It takes a lot of courage to do some things, and everyone needs to communicate. Just by listening, they can learn a lot, she explained.

"I used to just go around things and tolerate bigoted people," said Sampsel. "Now, I will get in your face and plow over you!"

Sampsel decided to go for the long haul with her career, after observing the other branches and realizing how great the Marine Corps really is, she said. The capabilities really stood out and made her realize how much she wanted to stay a part of the team.

Sampsel is departing her command Aug. 18 and transferring to the Naval Inventory Control Point in

Philadelphia, Pa.; however, she is not excited about leaving early.

"The Marines and Sailors I work with now are so awesome," she said. "They all work so hard; it's a shame that I've only really gotten to work with them for seven months."

Sampsel, happily married for more than 20 years with two children, said her family is very supportive of her decisions.

"Be a Marine, but don't stop being a woman," said Sampsel. "Recognize that the two are very compatible and possible."

*"Be a Marine, but don't stop being a woman. Recognize that the two are very compatible and possible."*

— Lt. Col. Laura J. Sampsel



SAMPSEL

*Influential Women at MCBH*

**Dorothy Rose Babineau** — Chairman of the Windward Civilian-Military Council.

**Dr. Diane Drigot** — Senior Natural Resources Management specialist.

**Jackie Freeland** — Strategic Plan Coordinator.

**Leslie Graham** — Single Marine & Sailor Program coordinator.

**Loretta Cornett-Huff** — Edu-

See *INFLUENTIAL*, B-7

HISTORY, From B-1

than ever before, some would argue that the ratio of men to women is still not where it should be.

“I recall an old television commercial in which women would proclaim, “We’ve come a long way baby! I think this is ever true today. Even more so, today, women work and fight side-by-side with their male counterparts,” said Master Sgt. Milton D. White, MCB Hawaii’s equal opportunity advisor. “However, many of the conflicts I deal with, on an almost daily basis, as an equal opportunity adviser, are directly related to the leaps and bounds that women have made in a



gender-sensitive society.” National Women’s History Month is an attempt to create a better awareness about the influence of women in society, in both the military as well as the civilian work force.

“This month highlights much of this awareness,” said White.

To keep military members up-to-date with women’s history aboard Marine Corps Base, Hawaii, the Joint Women’s History Month Committee has scheduled events to celebrate the occasion. Events include heritage displays and Women’s History Month luncheons at Kaneohe Bay and Camp H. M. Smith,

three different cultural readings at K-Bay’s base library, and a theme-related essay/poster contest at Mokapu Elementary School.

It has been said that history repeats itself. Yet, by keeping society up to date with information about improvements, newfound knowledge ensures continuous advances towards a more positive future.

With modern women from Oprah Winfrey, who became the first woman to own and produce her own syndicated television show in 1990, to Gov. Linda Lingle, Hawaii’s first female governor, it is no surprise that woman are continuously instilling hope and inspiration for the endless possibilities of future generations.

INFLUENTIAL, From B-6

- cation Services Officer at the Joint Education Center of Lifelong Learning.
- Cmdr. Julie Miavez** — Director of the Kaneohe Branch Medical Clinic
- Patricia Parry** — Director of the Navy/Marine Corps Relief Society.
- Mary Pratt** — President of the All-Enlisted Spouses Club; Base Thrift Store manager.
- Jodi Schlather** — President of the Officers’ Spouses Club.
- Misti Stelly** — Key Volunteer Network program manager, instructor and volunteer coordinator.

PROMINENT, From B-1

- 1972 — **U.S. Congresswoman Patsy Mink** — Hawaii representative who promoted gender equality by authoring Title IX.

1978 — **Retired Brig. Gen. Margaret A. Brewer** — First female general officer in the Marine Corps.

1979 — **Susan B. Anthony** — Led the campaign for women’s suffrage for 56 years, and first woman to be minted on a coin.

1991 — **Melissa Rathburn-Nealy** — In Operation Desert Shield, first female serv-
- ice member reported Missing in Action since World War II.

1994 — **Master Sgt. Nell Hubbard** — First enlisted woman to serve 20 consecutive years in the military.

1994 — **Retired Lt. Gen. Carol A. Mutter** — First woman in the Marine Corps to reach the rank of both major and lieutenant general.

1995 — **Sarah M. Deal** — First female pilot in the Marine Corps.

2002 — **Gov. Linda Lingle** — Hawaii’s first female governor, and first Republican to hold the governor’s office in 40 years.

WINNER, From B-1

She is an inspiration to all women who battle the guilt of having a career and raising a family.

Regardless of her hectic schedule, she can still make time to offer words of motivation to a friend who needs them. It is very comforting that I have someone to call at 3 a.m. to watch my children if I need to bring one of them to the hos-

pital.

She doesn’t hesitate to say with sincerity, “If you need anything, just call me.” That means so much to me.

This is my opportunity to say thank you for your lack of selfishness and kindness. I value our friendship and appreciate your military service. Even though you may not think so, your everyday monotony does make a difference.

# WORD TO PASS

**Mokapu to Host Book Fair, Tomorrow**  
The Mokapu Elementary School PTA will host a Book Fair in the school library on the following dates:

- Saturday from 10 a.m. to 2 p.m.
- Monday, Tuesday, Thursday and March 19 from 8 a.m. to 3 p.m.
- Wednesday from 8 a.m. to 2 p.m.

**Windward District Needs Volunteers**  
Approximately 175 preschoolers, ages 3 – 5, will be participating in the annual Preschool Play Days for special education students and their peers, Thursday – March 19 at Kaneohe District Park, located adjacent Windward Community College on Kealahala Road.

Activities will engage motor (such as running and jumping) and manipulative skills (throwing and catching); however, volunteers are needed to help make the event a success.  
Call Sandra Oda at 233-5717, ext. 253, to lend your support.

**Saturday’s  
“Red, White and Mew”  
to Honor Military**  
Tomorrow, the Hawaii All Breed Cat Club will be sponsoring a cat show titled “Red, White and Mew — Hawaii’s Cats Honor our Military Forces.” Military families statewide are encouraged to either enter their cats in the show, or just support the cat fancy by being a spectator.

The show will be held at the Ala Wai Golf Course Clubhouse in the second floor ballroom from 9:30 a.m. to 4:30 p.m.  
As an added incentive to participate, the club has received two roundtrip, interisland airfares, donated by Aloha Airlines, which will be awarded by raffle to a military family.  
For more information on entering the show, call Dr. Jennifer Brundage at 261-4473, or e-mail jbrundage@hawaii.rr.com.

**April 1 is Due Date for  
KOSC Scholarships**  
The Kaneohe Officers’ Spouses Club is serving the military community once again by offering an educational scholarship to qualifying candidates.  
Applications are available to family members of active duty, retired or deceased officers of the U.S. armed forces whose present or final duty station is/was MCB Hawaii (Kaneohe Bay or Camp H. M. Smith).  
All applicants must have been accepted by, or currently enrolled in, an accredited college, university or technical/vocational school. And certain other qualifications must be met, including essay and letter submissions.  
For more information or to obtain an application, contact the KOSC office at 254-2491, or e-mail kosc\_scholar@hotmail.com.  
The KOSC application deadline is April 1.

**‘Mighty Mo’ Reopens Popular  
Youth Program**  
Youth groups can once again sample life as a Sailor aboard America’s last and greatest battleship, the Mighty Mo.  
“The Battleship Missouri Encampment Program is much more than just a campout; it emphasizes the basic values kids need to develop into responsible adults,” said Steven Kooiman, education manager for the USS Missouri Memorial Association, the caretaker of the famous decommissioned U.S. battleship. “Just like real Sailors, campers sleep in the crew berthing areas, store their gear in the lockers, eat Navy-style meals on the

ship’s mess deck, and use shipboard restrooms and shower facilities.”  
The program is specifically designed to foster team and leadership skills too. Participating youth groups check in at 4:30 p.m. for bunk, locker and duty assignments, as well as an orientation tour and safety briefing. A busy schedule keeps them active past nightfall, “just like it happens at sea,” said Kooiman.  
There is a minimum adult/child ratio of 1 to 6 for ages 6 – 11 and 1 to 10 for ages 12 – 17. Cost is \$49 per child and \$59 per adult, for groups of 20 and larger; kamaaina and military rates are avail-

able. Meals and snacks are included in the price.  
For more details, call 455-1600, ext. 231, or visit www.USSMissouri.org.  
**Aquarium Celebrates 100 Years**  
Sunday, from 9:30 a.m. until 4:30 p.m., island residents and visitors are invited to join in on celebrations at the Waikiki Aquarium that will honor its 100th anniversary. Family Fun Day will include games, crafts, ono food, mega fun, live Hawaiian entertainment and much more. Admission is \$1.  
For more information, call the Waikiki Aquarium at 923-9741.